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Field 177; W.H.M.M. 150808.

Celery is a plant of the northwestern Himalayas and Iran, and is cultivated for its fruit, leaf stalks, and roots. The seeds, or properly fruits, are greenish yellow or brown, and have a mint-like aroma and a somewhat pungent and bitter taste. The fruit is carminative, aromatic, and tonic. In Tehran the drug is placed in boiling water and the steam inhaled for headache. The fruits contain apiin, a jelly-like glucoside.

Arctium Lappa L. (Compositae)

ریشه بابا آدم

Rishah-i-bābā-Adam (Teh.); the root. Bardane (Teh.); Semen Bardanae (English Herbal 1730); the fruits.

Field 234; K.B. 304.

The burdock plant is found in Syria, Iran, and Khorasan as well as in Europe. The root under the name of Risha Baba Adam or "Root of Father Adam" is quoted in Schlimmer's "Terminologie," and is regarded throughout India as depurative and antiphlogistic. In Tehran the root, with that of sarsaparilla, is used as a remedy for syphilis. The drug has had a considerable reputation in ancient times, but from a chemical examination by Zellner (1924) there is no indication of any substance in the root being physiologically active.

Areca Catechu L. (Palmae)

فوفل

Fūfal (Teh., Ar.); Papal (Pers.); Sopari (Hind.); Pinang (Mal.); betel nuts, nuts of the Areca palm.

Field 149.

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Areca nuts are used everywhere in the East as a masticatory. They are a gentle stimulant, astringent, and taenifuge, increase the flow of saliva, lessen perspiration, sweeten the breath, and strengthen the gums. They contain tannin and two active alkaloids, arecoline and arecaine.—Mixed with sugar and coriander, they are given for induction of labor (H.F.).

[844]

Aristolochia longa L. (Aristolochiaceae)

زراوند طویل

Zarāvand-i-tavīl (Ham., Teh.); the roots.

Achundow; Schl.; Ph. Pers.; Post; Ph. Ind. 3: 165.

W.H.M.M. 150855; K.B. 304.

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Field 3 (Isf.), 423; W.H.M.M. 150745. I-I 278* 824*

The above plant, growing in the alpine Himalayas, yields the Nardus root or spikenard of the ancients. The rhizome is short, thick, and dark gray, crowned by a bundle of strong fibers called by the natives "Devil's hair." The odor resembles valerian, and yields about 1 per cent of volatile oil containing valerianic acid. The physiological action is similar to that of valerian root, and the drug is administered for nervous disorders.—Prepared like tea it is given for heart diseases (H.F.).

Nepeta micrantha Bunge and N. ispahanica Boiss. (Labiatae)

زوفا

Zūfā, Zūnā (Teh.); Zufah-i-yabis (Ar.); the flowering herb.

Boiss. 4: 166; Achundow; Ph. Ind. 3: 116.

Field 23; W.H.M.M. 150733; K.B. 327.

Zufah is a fragrant plant used since primitive times as a carminative in the East. It has often been referred to as hyssop, but recent examinations have shown it to be *Nepeta*. Dymock found the Zufah of Sind to be *N. ciliaris* Benth., while the plant of that name in Baluchistan is *N. bracteata* Benth. Two specimens from Tehran consist of the fruiting calyx, flowers, and seeds. The calyx is erect, green, with purplish, acute teeth. The seeds are oblong, brown, 1 mm. in length, with a white, V-shaped scar at the end. They are mucilaginous when placed in water and are given for influenza and catarrh.—As an aromatic mint a cold infusion is prescribed for pain in the chest (H.F.).

Nicotiana Tabacum L. and N. rustica L. (Solanaceae) 824* 276 •

توتون

Tūtūn (Iraq); Tambaku, Tumaku; N. rustica—Turkomani tambaku (Afg.); tobacco leaves.

Field 89 (Iraq); 18, 23.

Tobacco is cultivated in northeastern Iran for local consumption as well as for local trade. It is an expensive crop there, as the fields must be heavily manured and require careful irrigation. The leaf is frequently treated with gur or crude sugar to moisten and add weight to the leaf. Beside being smoked, it is extensively used as an errhine or snuff (Nashwar). This is sometimes mixed with powdered ashes of *Ephedra pachyclada* Boiss., Huma (Gnetaceae) to render it more pungent. Two samples of snuff are noticed in the collection: [249]

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Thebba (253 Iraq). Snuff, tobacco powder soaked in 'Araq.

Bernooty (234 Iraq). Snuff, tobacco powder perfumed with jasmine.

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Nigella sativa Sibth. (Ranunculaceae)

سیاه تخمه

Tukhm-i-siyāh, Siyāh-danan, Siyāh-tukhmah (Teh.); Hab-es-souda (Ar., Egy., Iraq); Kala jira, Mugrila (Hind.); false or black cumin, fitches.

Boiss. 1: 68; Ph. Ind. 1: 28.

Field 42; 56A; 7, 21 (Iraq); W.H.M.M. 150906; K.B. 327.

This is an annual herb, sometimes called nutmeg flower or fennel flower, cultivated in Egypt, Syria, and Iran. According to Birdwood, the seeds are the black cumin of the Bible, the melanthion of Dioscorides, and the gith of Pliny. They are black, triangular, 3 mm. long, the testa rough-wrinkled, with a white, oily kernel within. When crushed they have a pleasant odor of lemon. The seeds contain an essential oil, a fixed oil, and a saponin-like body, and are used extensively as a spice and medicine. The ancient Mohammedan custom of sprinkling the seeds, like those of cumin, over th... face of bread, still prevails in Tehran and Tabriz. There is an Arab proverb: "In the black seed is the medicine for every disease except death." Around Tabriz *N. arvensis* L. is cultivated as a potherb and for its seeds. It is called Gara tsochorek oti, "Black bread weed" (Gilliat-Smith).

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Nymphaea alba L. (Nymphaeaceae)

گل نیلوفر

Gul-i-nīlūfar, Nīlūfar-i-kirmānashāhī (Teh.); Nenuphar (Ph. Pers.); white water lily flowers.

Ait.; Boiss. 1: 104; Fl. Br. Ind. 1: 114; Ph. Ind. 1: 70.

Field 10, 207; W.H.M.M. 150781, 150858; K.B. 328.

These are the flowers, stalks, and leaves of the white water lily, found in ponds throughout Europe and Siberia. Nīlūfar is a name also applied to flowers of other water lilies, and sometimes to species of *Ipomoea*, which have blue flowers. Kamal, the flowers of a *Nymphaea*, is sold in drug shops in India, and occasionally the flowers of the sacred or Egyptian lotus (*Nelumbium speciosum* L.) are used medicinally throughout China. The flowers have cooling and astringent properties, and are administered locally, especially to

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scalding in water and then dried. They are hard, horny, whitish, opaque or translucent, branching tubers, mucilaginous when placed in water. A gruel made of these roots is esteemed as a nervine tonic, demulcent, and nutritive.—As an infusion it is given to relieve hoarseness (H.F.).

Oryza sativa L. (Graminеae)

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برنج صدری

Birinj-i-sadri, Berij sadri Gilan (Teh.); Timan (Iraq); Ruzz (Ar.); Shilib, Pirinj (Turk.); Chaltuk (Kurd.); rice grain.

Field 58, 72; 15, 18, 20, 34 (Iraq).

"Rice is cultivated as a summer crop over immense areas, especially in the southern marshes, also in the valleys of Kurdistan and on the flow canals of certain regions in lower Iraq" (G.). There are three main types of the crop represented in the above specimens from Iraq: (1) Harfi or early-sown, (2) Affi or late-sown, and (3) Shittāl or transplanted.

Timan is the hulled rice of Iraq. The two samples from Tehran are of fine, white, table rice.

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Panicum miliaceum L. (Graminеae)

ارزن

Arzan (Pers.); Dukhn (Iraq); China (Hind., Sans.); millet grain.

Field 57, 106A; 22, 80 (Iraq).

Common millet is cultivated as a summer crop in Iraq, especially along the Shatt-al-Hai. The grain can be cooked and eaten whole or made into bread. It is commonly used in the form of porridge. The green plant is an excellent fodder for animals.—The seeds provide feed for chickens (H.F.).

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Papaver somniferum L. (Papaveraceae)

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کوکنار

Kavl-a-kūknār, Pōst-a-kūknār (Pers., Afg.); poppy heads.

تخم خشخاش

Tukhm-i-khash khāsh; Tukhm-i-shaga'ig (Ham.); Kishkash (Ar.); poppy seeds.

Ait.; Post; Ph. Ind. 1: 73.

Field 48, 64, 81A, 82A, 185; W.H.M.M. 150835, 150911; K.B. 329.

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Opium is known locally as Afyun, but the cultivation of the opium poppy is prohibited in Iraq. The capsules, some of them scarified, are sold in the bazaars, but their narcotic effects are less powerful and more uncertain than those of opium. The seeds contain 50 per cent of drying oil, which is sometimes called Roghan-i-khash khāsh. The seeds, often erroneously supposed to be poisonous because they are contained in the opium-yielding capsule, are wholesome and nutritious, and are eaten chiefly in sweetmeats.—The seeds are given to relieve epistaxis; an oil derived from them is employed in making soap. The fruits mixed with *Malva sylvestris* L. var. *mauritiana* Boiss. and *Linum usitatissimum* L. form a paste for application to boils (H.F.).

Parmelia kamtschdalis Esch. A lichen. See *Roccella Montagnei* Bél.

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Peganum Harmala L. (Rutaceae)

تخم اسفند

Tukhm-i-isfand, Sipand (Teh.); Harmal, Harmal ruthah (Ar., Iraq); Aspand (Kurd.); Uzarih (Turk.); the Syrian rue.

Achundow; Schl.; Post; Boiss. 1: 917; Fl. Br. Ind. 1: 486; Ph. Ind. 1: 75; Weisner 44.

Field 46; 4, 26, 27, 119 (Iraq); W.H.M.M. 150850; K.B. 329.

The mountain rue is a plant of Iran, Arabia, Syria, North Africa, and southern Europe. The plant and seeds were used medicinally by the Greeks and Romans, and were noted in European herbals in the 17th century. The seeds are exported from Iran into India, where the plant was originally introduced by Mohammedans. The seeds are dull gray, 2 mm. long, angular, having a bitter taste, and, when crushed, a heavy, narcotic odor. The active principle resides in the alkaloids, harmaline and harmine. The custom prevails in Iran and Iraq of sprinkling the seeds on burning coals at marriages to avert the malignant influence of the Evil Eye; the smoke from the burning seeds is said to drive away epidemics. The seeds are reputed to be an alterative and purifying medicine, and are supposed to stimulate the sexual system.

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Peucedanum graveolens Benth. & Hook. (*Anethum graveolens* L.) (Umbelliferae)

تخم شوید

Tukhm-i-shivid (Teh.); Shivit (Isf.); Shabbit (Ar.); Sawa, Soyah (Hind.); Habbat Halwah (Iraq); Anitum (Yunani); dill.